



As a black woman, I will not be wearing a 'nasty woman' T-shirt

Women — mostly white women — are turning this insult into a capitalist empire **metroVIEWS**

Halifax metro



Hey UN, a real female role model would have been better **metroNEWS**

HALIFAX'S #1 NEWSPAPER

MONDAY, OCTOBER 24, 2016

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HITTING ROUGH PATCH

Youthful
Mooseheads
suddenly
slumping
at home

metroSPORTS



Mooseheads forward Keigan Goetz, left, checks Val-d'Or Foreurs defenceman Jack Van Boekel Sunday. Halifax fell 4-2. JEFF HARPER/METRO

Have your say on \$64M project

COGSWELL REDEVELOPMENT

**Public session
'a chance to
engage with
project staff'**



**Zane
Woodford**
Metro | Halifax

The municipality is getting down to the details of the Cogswell redevelopment project.

On Wednesday, it's hosting a public information session at the Casino to start the detailed design phase of the massive \$64.25-million project.

Work is expected to begin in about a year. The municipality hired WSP Canada in September to act as a prime design consult-

ant, which includes contracting, negotiations and construction of the project.

The meeting Wednesday night is a chance for the public to meet the consulting team, with a welcome from Mayor Mike Savage, a project update from director John Spinelli, and "a chance to engage with project staff and other key stakeholders."

"It's paramount that the public is engaged throughout the redevelopment process as we fine-tune details regarding traffic management and construction mitigation during demolition, open space and land use planning, and ensuring neighbourhood connectivity through integrated transit, active transportation and routes for private vehicles," says a release from the

municipality.

Construction is expected to take three and a half years, and Spinelli told a regional council committee last year that he expects to have a preliminary plan by December of this year.

The project will involve tearing down the existing infrastructure around Cogswell Street, Hollis Street, Barrington Street and Upper Water Street. It'll be done

+ WHEN & WHERE

The meeting Wednesday runs from 6 p.m. to 8 p.m. in the Casino's Schooner Room.

in phases, with various streets in the area being shut down and reopened as it goes on.

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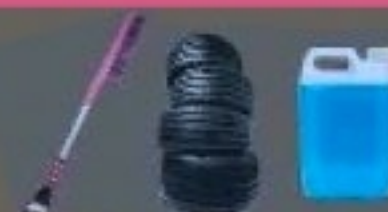
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HALIFAX HEROES Ordinary people doing extraordinary things

Passion, empathy and equality

ADVOCATES

Giving safe space to people living with mental illness



Yvette d'Entremont
Metro | Halifax

Anyone who has accessed programs at the Canadian Mental Health Association's Halifax-Dartmouth branch knows Marg Murray and Bev Cadham.

The two co-manage the local branch and their "passion, dedication, and work ethic" prompted board member Stacey Jones-Oxner to nominate them.

"They are paid staff, but they have spent hundreds of hours of their own time to support our programs and the people they help," Jones-Oxner said.

"Our programs have helped hundreds of people living with mental health issues. These programs provide a safe place for them to connect with others without judgment. As one member put it — the social clubs are her rock."

Funding and grant reductions in recent years have made it difficult for the non-profit to maintain or prevent cuts to the association's social programs, but the pair are always determined to deliver.

"Many members of the social clubs will tell you that Marg and



Marg Murray and Bev Cadham of the Canadian Mental Health Association have gone above and beyond their job duties to provide support in their community. JEFF HARPER/METRO

Bev have provided incredible support to them on their road to recovery," she said.

"In some cases, they've taken members into their own home. It is for this reason, their advocacy for more mental health awareness, that the board would like to nominate them (as) Halifax Heroes."

Programs offered by the Halifax-Dartmouth branch include the Sharing and Caring and Among Friends social clubs.

Getting Murray and Cadham to talk about themselves is a bit difficult but they agree, in part because they want to create awareness about their work, their volunteers, and their fundraising initiatives.

"I wear two hats in this organization. Bev and I pretty much split the director position...out of necessity because we really didn't have the funds to have one full time executive director," said Murray, who's been with the as-

sociation for more than 25 years.

"We balance the management/director role with our board and each of us run a social support program."

Murray said although she's often asked where she gets the energy she puts into her work, she couldn't do it without the volunteers and members who devote their own hours to the association.

"I'm fortunate to have so many people helping me with the work

I do even though the hours can be long and unpredictable," she said, adding that volunteers and their members are, in her mind, the real heroes.

Cadham, who some members have called 'mom,' said reaching individuals in the community who experience social isolation and marginalization as a result of their mental health and mental illness is a passion for her.

"A 40 hour work week could turn into 45, 50, 65, or 70 hours.

+ KNOW A HERO?

Nominate someone

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

You definitely don't go into the not for profit for any reason of wanting to reach a financial goal of being a multimillionaire," Cadham said, laughing.

"It's about passion, it's about empathy, it's really about equality. That's what it comes down to."

The association's annual Mosaic for Mental Health fundraiser runs until Oct. 30 and all proceeds support the association's programs at risk of reduced funding and donations.

More than 330 artists have contributed more than 830 paintings to the project, which involves unique art created on tiles sold at The Craig Gallery at Alderney Landing. Each tile is \$25, with the exception of silent auction pieces.

To learn more about their programs and services or to support the Halifax-Dartmouth chapter of the Canadian Mental Health Association, visit <http://novascotia.cmha.ca/>.

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Halloween spirit hits the city

OCTOBER FUN

From cats to pumpkins, get ready for the scary day



Jeff Harper
Metro | Halifax

With Halloween just around the corner, it was the perfect weekend to take in some seasonal activities to get you in the mood.

If you were in Halifax's North End on the weekend, you might have spotted a black cat crossing your path. Or maybe 10 of them.

The annual Halifax Halloween Cat Show put on by the Fundy Fanciers Cat Club took place at the Halifax Forum Saturday and Sunday.

The show included cats of about 25 different breeds and even featured a costume contest.

Sunday saw a Black Cat competition as well as competitions for other categories including best in show.

Across town you might have spotted a huge pumpkin that was being carved by local artist Gordon Sparks at the Forrest Green apartment complex Sunday.



Green apartments on Sunday.

The pumpkin weighed over 1,300 lbs and is an annual event for the apartments.

1 Fancy feline — Melanie Tillman holds her Peterbald cat, Guthrie, at Halifax Halloween Cat show at the Forum on Sunday. JEFF HARPER/METRO

2 Crowned champ — Judge Iris Zinck holds up the winner of the Black Cat competition at the Halifax Halloween Cat Show on Sunday at the Forum. JEFF HARPER/METRO

3 Pumpkin #goals — Artist Gordon Sparks puts the finishing touches on a 1,350lb pumpkin he was carving at the Forrest Green apartment complex Sunday. JEFF HARPER/METRO



Cogswell Interchange Redevelopment Project



Kick-Off Event

Attend a public information session to mark the beginning of the detailed design phase of the Cogswell Interchange Redevelopment Project.

The session will provide attendees with a status update, an overview of where we go from here, and a chance to engage with project staff and key stakeholders on this important city-building initiative.

Wednesday, October 26, 2016 | 6-8 p.m.
Schooner Room, Casino Nova Scotia
1983 Upper Water Street, Halifax

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halifax.ca/cogswell



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'Make Muskrat right': Protester

ENVIRONMENT

Haligonians criticizing hydroelectric project



Rebecca Dingwell
For Metro | Halifax

Some Halifax-area residents are standing in solidarity with protesters in Newfoundland and Labrador, who are oppos-

ing the way construction that is being done at the Muskrat Falls site.

Shelley Price is one asking to "make Muskrat right."

"The lands have been taken from our current generations and our past generations, and will be from our future generations," said Price, who organized a weekend rally Saturday in Halifax to bring attention to the issue.

"We're trying to protect our culture."

Indigenous peoples in particular have concerns about

the hydroelectric project by Nalcor Energy, which includes building a dam and powerhouse.

Part of the construction involves flooding to create a reservoir, which may cause the water and animals who live in it to become contaminated with methylmercury.

Many protesters, like Price, are asking for the forest floor to be completely cleared before the flooding happens, in order to significantly reduce the methylmercury flowing downstream.

"If methylmercury goes downstream, people will distrust our land — the land on which we live," explained Price. "The culture will begin to be lost and stolen."

She pointed out that although the Muskrat Falls construction is being referred to as a path to "green energy," it comes with a cost to the lives of Labradorian people and animals.

"Nova Scotia should care," she added, as the province is connecting to the project through the Maritime Trans-

mission Link.

Price is the cousin of Billy Gauthier, an Inuk artist in Labrador who is currently on a hunger strike. Gauthier's aunt, Debbie Smith, was also in attendance.

"(Gauthier) doesn't want to lose his life. He's got a child. He loves life," she said. "What he wants, though, is the rights of the people."

Gauthier's face was a common sight in the square, as some protesters held posters showing photos of him.

"My sister cries every day

for her son," said Smith.

Other protesters spoke of their connections to Labrador.

Not only did they voice worries about the environment itself, they also talked about the ripple effect that could take place if the land is contaminated — an increase in mental health issues, for instance.

Muskrat can only be made right, said Price, through "meaningful consultation and with the informed consent of the peoples in that area."

WITH FILES FROM THE CANADIAN PRESS

CITIZENSHIP

Woman's deportation in limbo

A woman facing deportation to the United Kingdom after spending much of her life in Canada has been ordered to remain on a detention list for another 30 days.

Fliss Cramman, 33, being treated at a Halifax hospital, has been held since June when the Canada Border Services Agency discovered she did not have Canadian citizenship.

The mother of four came to Canada when she was eight, but her parents failed to obtain her citizenship and she is due to be deported by Dec. 16.

In 2014, she was convicted of offering to traffic heroin and sentenced to 27 months in prison, and she was detained again when the border agency looked into her citizenship.

Advocates say she should be allowed to stay in Canada.

THE CANADIAN PRESS



FAREWELL

SAILORS SAY GOODBYE TO SHIP

The crew of HMCS Preserver takes part in the paying-off pennant — a nautical tradition for long-serving ships dating back to the 1800s — at HMC Dockyard in Halifax on Friday.

After more than four decades of service in the Royal Canadian Navy, HMCS Preserver received a final salute from current and former sailors, soldiers, airmen and airwomen. It is now decommissioned.

DARREN CALABRESE/
THE CANADIAN PRESS

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Earthquake clusters hit N.B.

GEOLOGY

Seismologist says 'swarm' likely didn't rattle residents

A seismologist says a cluster of earthquakes was detected in southern New Brunswick over around a two-week period, but it's unlikely residents in the area even felt a tremble.

Maurice Lamontagne of Earthquakes Canada says a total of 10 earthquakes occurred about 25 kilometres outside Sussex between Sept. 19 and Oct. 5.

Lamontagne says the earthquakes were of such low magnitude — about 2.3 on the Richter scale — that people in the sparsely populated area may have heard a rumble, but probably felt nothing beneath their feet.

He says the quakes were relatively shallow and focused less than five kilometres beneath the

earth's crust.

Lamontagne says the pattern of seismic activity, known as an earthquake swarm, has settled and will most likely die out — only in less than one per cent of cases does it lead to a larger earthquake.

The seismologist says he and his colleagues are monitoring the situation but "it's really Mother Nature that decides."

In February, more than 100 earthquakes rocked McAdam near the New Brunswick-Maine border, but seismic activity in the area has since subsided.

THE CANADIAN PRESS



it's really Mother Nature that decides.

Seismologist Maurice Lamontagne, who is monitoring the situation

BY THE NUMBERS

10

Number of earthquakes that occurred about 25 kilometres outside Sussex between Sept. 19 and Oct. 5.

2.3

Where the earthquakes hit on the Richter scale.

100+

Number of earthquakes that rocked the village of McAdam in February.



HALIFAX POPPING WITH MUSIC FOLK ARTIST TAKES THE STAGE Basia Bulat performs for a packed house at the Marquee as part of the Halifax Pop Explosion on Saturday night. The festival wrapped up on the weekend after taking place at venues across the city starting last Wednesday. ZANE WOODFORD/METRO



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FREE ADMISSION

WONDER WOMAN

UN criticized for new global ambassador

May Warren
Metro | Toronto

A Muslim superhero. A character representing the Cree community. Or, maybe, just maybe, a real woman.

The UN is in hot water after tapping Wonder Woman to be their global ambassador for women's empowerment — and some women in Canada have plenty of thoughts on people who may have been better choices.

Gabrielle Ross-Marquette, communications co-ordinator at METRAC in Toronto, a non-profit that combats violence against women and children, suggested Ms. Marvel (Kamala Khan), a 16-year-old Pakistani American who's the first Muslim superhero.

Or Cree superhero Equinox, who was created with input from the Moose Factory Cree community and has superpowers that change with the seasons.

Melanie Gallant, spokesperson for Oxfam Canada, a national organization that works to end poverty by promoting the rights of women and girls, said she's "happy to see a strong feminist icon chosen" but would

“

A large-breasted white woman of impossible proportions is perhaps not the best spokesperson for gender equity.

Petition to recall Wonder Woman's post with the UN

have preferred a real woman who embodies some of the values the UN tries to promote around the world.

Someone like Viola Desmond, a Canadian woman who fought against racial segregation in Nova Scotia in the 1940s and 1950s

Nancy Coldham, co-chair of Equal Voice Toronto, which works to get more women elected in Canada, said she can see why the international body tapped Wonder Woman for the role.

"They are trying to reach a tech-savvy audience," she said, adding comic book characters have been used around the world for worthy causes like promoting literacy and preventing bullying.

IN BRIEF

Stolen Christ head returned; orange replacement gone

The missing head of a statue of baby Jesus has been returned, and the bright orange clay head that replaced it has been removed.

The statue had recently been fitted with the temporary clay head — topped with a spiky orange crown — crafted by a local artist, which garnered international attention and



The replacement clay Jesus head has been removed.

THE CANADIAN PRESS

was compared online to a character on The Simpsons. The head was returned by a woman who has not been identified. THE CANADIAN PRESS



A May 9, 2016, photo shows German Chub, who was left paraplegic after he was shot during a conflict near a Canadian-owned mine in Guatemala. A report says the government should do more to address violence associated with Canadian mines. TORSTAR NEWS SERVICE

Violence rampant at Canadian mines: Report

LATIN AMERICA

Feds criticized for failing to address deaths and injuries

A new report that documents 15 years of violence near Canadian mines in Latin America says the federal government is not doing enough to address the problem.

The study, published Monday, charts 44 deaths, 403 injuries and 709 arrests, detentions and charges from 2000 to 2015 that the authors link to 28 Canadian companies' mining projects in 13 countries in the region.

"The world is taking notice of Canadian companies for all the

wrong reasons," said Shin Imai, a law professor at York University's Osgoode Hall Law School and principal author of the report, titled The Canada Brand: Violence and Canadian Mining Companies in Latin America.

"We need a more robust way to hold companies accountable," he said.

Pierre Gratton, president of the Mining Association of Canada, which represents several of Canada's largest resource companies, said his members are committed to human rights and do disclose workplace injuries and fatalities in annual sustainability reporting.

Some Canadian companies work in "jurisdictions in which levels of violence are significantly higher, and respect for

the rule of law lower, than that experienced in Canada, which is a challenge," Gratton said. "Our members don't condone violence nor, in many of these examples, is violence directly correlated to operations."

Ottawa requires that Canadian mining companies follow voluntary corporate social responsibility (CSR) codes in their overseas activity. The office of the federal CSR counselor also works to "reduce and constructively resolve" conflicts between local communities and Canadian companies. That office does not conduct investigations nor have the power to sanction companies.

Most companies subscribe to what is known as "voluntary principles on security and

human rights," Gratton said, a framework that requires companies to respect human rights, including in its dealings with police and security personnel.

The report found 33 deaths, 57 injuries and 37 arrests, detentions and charges in the data set that were linked to the projects of publicly listed Canadian companies.

These cases cannot be independently verified.

Canadian securities regulations oblige companies to disclose events that may affect the market value of their shares. Incidents of violence may not necessarily meet that standard and no law requires companies to disclose all incidents that happen near their overseas projects.

TORSTAR NEWS SERVICE



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'The jungle is finished'

CALAIS, FRANCE

Thousands of migrants face the unknown as camp closes

Migrants prayed, plotted and played soccer together Sunday, a day before France starts clearing them by the thousands from a makeshift refugee camp that is doomed for destruction.

But the scene that would pass for normal on another day at the slum-like camp in the northern port town of Calais nicknamed the "jungle" was anything but routine.

On Monday, 60 buses are set to transport 3,000 migrants to reception centres scattered around France. By week's end, the camp is to be emptied and destroyed.

"Tomorrow the jungle is finished. You know it, right?" Enrika Kareivaite, a volunteer with aid group Care4Calais, told a group of migrants. Police and volunteers will be on hand, she said, "and we will ask you to leave with us together, OK?"

After nightfall, groups of mi-



Demonstrators throw back tear gas canisters to French riot police during clashes in a makeshift migrant camp known as "the jungle" near Calais, northern France. French authorities say the closure of the slum-like camp in Calais will start on Monday. THE ASSOCIATED PRESS

grants used portable toilets to set huge bonfires on a sandy no-man's land on the camp's edge that authorities carved out earlier this year to push camp inhabitants away from a road leading to port and ferries to England.

Scores of riot police were keeping watch, and some occasionally charged the groups igniting the flames.

The evacuation of at least 6,486 migrants — aid groups have estimated 8,300 — has been in the works for two months and is expected to take a week. It is unfolding as a complex ballet of lines, interviews, and bus rides to the unknown.

The people at the camp, who will be allowed to pick two regions of a country they don't

know as their intended destination, were just learning the details Sunday.

"The objective has been reached. We have more than 7,000 places. We have a place for everyone," Calais' social cohesion director Serge Szarzynski said Sunday.

But most migrants encountered were unaware of how the

operation was to proceed and unsure where their next landing place would be.

Some people staying at the camp said they fear ending up in unwelcoming villages with few economic opportunities instead of cities, a real possibility.

"And there are rumours here that they are taking them to warehouses," said Tariq Shinwari, a 26-year-old Afghan who has applied for asylum in France.

The camp that sprang up 18 months ago in the sand dunes near the Calais port is home to a population that fled wars and other crises, from Syria and Afghanistan to Eritrea and Ethiopia.

The heart of the chaotic camp has been a church built by Ethiopians. With two crosses that dominate the landscape and a carefully decorated interior, it offered a wellspring of hope for the faithful, including those who attended a special four-hour service on Sunday.

"This is a special service. The people are really fearing," Salamin, a man who acts as church keeper and activity planner, said. Like many others on the cusp of the unknown, he gave only a single name. THE ASSOCIATED PRESS

IN BRIEF

Iraq bans alcohol

Iraq's parliament has passed a law forbidding the import, production or selling of alcoholic beverages in a surprise move that angered many in the country's Christian community who rely on the business.

The law, passed late Saturday night, imposes a fine of up to 25 million Iraqi dinars, or \$21,000, for anyone violating the ban. But it's unclear how strictly the law would be enforced, and it could be struck down by the supreme court.

Islam forbids the consumption of alcohol, but it has always been available in Iraq's larger cities, mainly from shops run by Christians.

THE ASSOCIATED PRESS

Tour bus hits truck, killing 13, injuring 31 in California

A tour bus slammed into the back of a semi-truck on a Southern California highway early Sunday, killing 13 people and injuring at least 31 others, some critically, authorities said.

The passenger bus was going much faster than the truck, said California Highway Patrol Border Division Chief Jim Abele.

"The speed of bus was so significant that the trailer itself entered about 15 feet into the bus," he said.

THE ASSOCIATED PRESS

Haitian authorities recapture escaped inmates

Police officers were searching cars and boats for escaped prisoners on Sunday after recapturing at least a dozen of the 172 inmates who overpowered guards and escaped from a lock-up in central Haiti.

The prison break occurred Saturday in Arcahaie, about 30 miles north of Haiti's capital. THE ASSOCIATED PRESS

HEALTH

Poles take to streets again to protest abortion restrictions



People protest against efforts to tighten an already restrictive abortion law on Sunday in Warsaw, Poland. AFP/GETTY IMAGES

Polish women put black clothes back on and returned to the streets Sunday, launching another round of protests against efforts by the nation's conservative leaders to tighten Poland's already restrictive abortion law.

A large group gathered outside the parliament building in Warsaw, decrying the Catholic Church's influence on political life and chanting "We have had enough!" Similar protests took place in other cities across the country.

The street protests are ex-

pected to have their culmination on Monday, when some women are also planning a strike, boycotting jobs and classes.

Similar protests took place three weeks ago against a proposal for a total ban on abortion. Lawmakers rejected that proposal after massive crowds of women dressed in black staged streets protests under their umbrellas in the rain.

The latest round of demonstrations, held under the slogan "We are not folding up our umbrellas," was organized

in response to a new proposal that would fall short of a total ban, but outlaw abortions in cases where fetuses are unviable or badly damaged.

Jaroslav Kaczynski, the head of the ruling Law and Justice party, said recently he wants a new law that would ensure that women carry their fetuses to term even in cases of Down syndrome or when there is no chance of survival. The move would allow for baptisms and burials, Kaczynski said.

THE ASSOCIATED PRESS

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Japanese retailer eyes Canadian expansion

BUSINESS

Muji opens first location with 'no frills' products

There is room for as many as 30 Muji stores in Canada, said the company's Japanese president, Satoru Matsuzaki, at the opening of the third store in the Toronto area at Yorkdale on Friday.

"We will open in Vancouver in 2017, and we are considering opening stores in Alberta and Quebec by 2020. In addition, we are thinking of opening two large flagship stores, in Toronto and Vancouver," said Matsuzaki.

At 6,375 square feet, the Yorkdale store is the largest of the three Muji stores in Canada, which include locations near Dundas Square, Toronto, and in Square One Shopping



Employees work at Muji's new store at Yorkdale Mall in Toronto, Ont. TORSTAR NEWS SERVICE

Centre in Mississauga.

Muji is short for Mujirushi Ryohin (which translates as All Value No Frills), an expanding line of unbranded products — including apparel and homewares — designed to

be functional, beautiful and reasonably priced.

"People are realizing that a large quantity of goods and functions will not necessarily make them happy," said Matsuzaki.



There is always a need for simple goods.

Satoru Matsuzaki

"But there is always a need for simple goods that will make one's life more comfortable."

The store opened Friday, next to Japanese apparel retailer Uniqlo, in a new wing at Yorkdale that also includes a three-storey Nordstrom.

The Yorkdale Muji includes an expanded apparel selection and a growing number of skincare products, Japanese snacks and candies and some furniture items, including the Beads Sofa, essentially a beanbag chair.

The location is the first to offer embroidery and style consultant services.

TORSTAR NEWS SERVICE

INCLUSIVENESS

Companies break the mould on toy diversity

Toy companies are working harder to think outside their usual box, offering more-inclusive items like dolls with disabilities, female superhero figures and characters with a range of skin tones.

Many of the products breaking down the barriers started with smaller businesses, but big names like Mattel and Hasbro are getting into the game and offering lots more options this holiday season.

What that means on the shelves is Barbies that have a greater variety of body types, eye colours and facial struc-

tures, a Lego mini-figure of a boy who uses a wheelchair, and an American Girl doll with accessories like a diabetes kit and arm crutches in addition to the hearing aids and service dogs it has offered before. Other items include coding toys, robots and circuit builder sets aimed at both girls and boys.

Increasingly, the inclusiveness in the toy aisle means dolls with disabilities. Toys R Us has carried an exclusive line since 2013 called Journey Girls, which includes a wheelchair and a crutch set. Its partnership with American Girl to carry the Truly Me collection starting this month will include dolls that also use crutches, diabetes kits and wheelchairs.

Experts say it's critical for children to play with toys that don't perpetuate stereotypes of what's considered beautiful.

"There's been some good progress, but there is a lot of work that needs to be done," said Elizabeth Sweet, a sociologist at California State University in Sacramento, California. "Kids need to see themselves in the toys and objects they interact with." THE ASSOCIATED PRESS



Barbie Fashionistas, from Mattel, on display at the annual TTPM Holiday Showcase, in New York.

RICHARD DREW/THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION What do I say when people ask how much my engagement ring cost?

Dear Ellen,

Since getting engaged, my fiancé and I have had numerous questions from friends about how much the ring cost. I find this question offensive and I have refused to answer. My fiancé has given a ballpark figure (i.e., between \$2,000 and \$3,000). What is the right way to handle this question without sounding rude?

Engagement Ring Woes

Dear ERW,

I'm always struck by inately polite people who bend over backwards to protect the feelings of inately rude people. Then again, I suppose that's the definition of good manners: treating other people respectfully regardless of their own tactless, nosy, obtuse behaviour toward you.

Asking how much your ring cost is on the Top 11 List of Rude Questions That Should Never Be Asked. The other 10:

1. "Are you pregnant?"
2. "Why don't you have kids yet?"
3. "Are you having trouble getting pregnant?"
4. "Are you going to get married? (Which often comes complete with: "Why hasn't he/she/they asked yet?")"
5. "How much did your house cost?"
6. "How much money do you earn?"
7. "Did you resign or

Perhaps you're confusing the potential awkwardness of a polite but firm 'no' with rudeness

were you fired?"

8. "Is that what you're wearing?"

9. "I heard you guys split up — whose fault was it?"

10. "What is that thing on your face?"

I could list many more rude questions, of course, having once been a younger, tactless, nosy, obtuse person who asked many of them myself.

We think we're just being curious when we pose these queries. But what seems innocuous to us can feel like a gut punch to those who can't get pregnant, or who just got dumped, fired or diagnosed with a horrible facial-skin disease.

Back to the ring. You say

you refuse to answer when people ask how much it cost, which is your right. But then you ask how to handle this question "without sounding rude?" This makes me wonder how you've been handling it so far. I'm going to assume you aren't telling people to shut the hell up and eff off.

Perhaps you're confusing the potential awkwardness of a polite but firm "no" with rudeness, because it makes people uncomfortable. But there's nothing wrong with replying, "I'd rather not say how much my ring costs." You don't have to add anything. You don't have to rush headlong into the silence to save any-

one's feelings. If whoever asked the rude question has any sensitivity to social cues at all, they'll realize their mistake and learn from it. Thanks to you.

And if they're insensitive clods who persist ("C'mon, tell me. I really wanna know"), you can just smile and explain, as if to a small child: "I don't want to tell you and I'm not going to."

Best of luck with your nuptials. Just be prepared to have the same answer ready when you get asked how much the wedding cost.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Wearing a 'nasty woman' shirt without harassment is a privilege available to white women

As a black woman, I will not be wearing a "nasty woman" T-shirt.

In the waning moments of the final presidential debate, Donald Trump called Hillary Clinton "such a nasty woman." Now, women — mostly white women — are reclaiming "nasty woman" and turning it into a capitalist empire: There are Nasty Woman cocktails, perfumes, tote bags and T-shirts. Some have donated their proceeds to charity. Others, well, just got paid.

There's an entire "nasty woman" economy but my credit card will be staying in my wallet.

The word "nasty" hypersexualizes and diminishes black women. It's a term of contempt. When the Beckys at the top of "Baby Got Back" take the measure of the black woman in their midst, the judgment they arrive at is clear: She's a nasty girl.

"I mean, her butt, is just so big

I can't believe it's just so round, it's like

Out there, I mean — gross. Look!

She's just so ... black!"

When they say "she looks like a total prostitute," they're echoing a racist, misogynist trope that's much more pervasive than you might realize. I don't know of a single black woman who hasn't been mistaken for a sex worker. Whether it's rambunctious white boys driving by to ask "How much?" or the Paris waiter

who asked me to sit inside instead of alone on the patio, we're assumed to be available for purchase.

The freedom to wear a "nasty woman" shirt without being sexually accosted and harassed is a privilege available to white women.

White feminism can be alienating for non-white feminists. As writer Catherine Young explains, "White feminism is a set of beliefs that allows for the exclusion of issues that specifically affect women of colour."

"It is 'one size-fits all' feminism, where middle-class white women are the mould that others must fit."

White feminism looks like #LeanIn when black women can't get job interviews because their names are different. It sounds like Hillary Clinton saying "This all started in Seneca Falls," a women's rights convention where no black women were present.

Black women and other women of colour are routinely told that supporting Hillary is a feminist requirement when surely the only feminist requirement is dresses with pockets. Women of colour are being asked to set aside their valid concerns; we're being told to favour our gender over our race even when the world defines us by both.

So no "Nasty Woman" shirt for me. I'll just continue wearing my favourite shirt, which reads, "I met God. She's black."

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Famously straight-laced 17th-century sectarians who helped settle America weren't so priggish after all, says leading Puritan scholar Francis Bremer, who points to a love letter that John Winthrop wrote in 1618 to his wife as an example of Puritan passion.

Your essential daily news

Monday, October 24, 2016

AFTER THE GAME

Athletes say they call out vulgarity if they hear it

Perry King
For Metro Canada



The conversation Donald Trump had on a 2005 videotape, words he described as "locker room talk," were definitely not the kind of words Mobeen Noormohamed would ever use.

Playing rec league hockey with the same guys for more than a decade, Noormohamed has seen the locker room as a place to connect with the guys he plays with, as well as an outlet to let off some steam.

"It is sometimes like a venting thing, talking about work or about life," said Noormohamed, from his Stouffville, Ont. home, "and the guys relate to that."

If they do talk about women, especially their spouses, it's kept tame. "Is it a lot of vulgarity? No, not really. At the same time, is it stuff that we would talk about with our spouses? Probably not," added Noormohamed, a husband and father of two.

In the Toronto Argonauts locker room, they talk about everything under the sun. Matt Black, the team's defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than living up to the misogynist label associated with locker room behaviour attached to Trump.

"Just because it happens in a locker room doesn't make it OK for you to say something like



Not in his locker room

Matt Black, the Argos' defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than taking part in stereotypical, misogynist locker room behaviour. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

that," said Black.

Noormohamed and Black have each heard minimal vulgar comments about women in their spaces, but Dr. Margery Holman from the University of Windsor argues that the behaviour is still very common. Researching about women and sport for years, Holman has found locker room culture to be historically male-dominated, where misogynist behaviour can stew.

She said talking with utter vulgarity about women behind closed doors sends the message that feeling and thinking that

way is OK and enables even worse behaviour in men, even violence, in the future.

"If you ask athletes, they might be reluctant to talk about it. Often it's something that's under the table. There's a lot of silence that shrouds it," she said.

Comparing that talk with hazing, Holman says the sports environment is protective and that many athletes still don't call out other men or confront the issue.

Mike Schaaf, who co-ordinates the MANifest Change program, a men's outreach effort organized by the Ottawa Coalition to

End Violence Against Women, has reached out to about 2,000 people in the Ottawa area and thousands more via social media to discuss positive definitions of masculinity — which foster acceptance and builds better relationships with others.

Schaaf, who estimates that 1 in 3 women and 1 in 6 boys experience sexual violence, is well aware of the locker room talk and understands the nature of it.

"As men, we are often under pressure to prove ourselves to other men by acting tough, bragging about sex with women,

and showing willingness to use violence," he wrote in an email.

"We aren't satisfied with that definition of manhood because it underlies violence against women and violence among men."

Black feels it's important to also empower young women, to give them courage and support them if they suffer violence.

"Do what we need to do to empower young women, so that when something inappropriate happens to them, they know that it's OK to come forward and tell your story," Black said.

METRO ASKS "What do you talk about in your locker room?"

PERRY KING FOR METRO

We're talking about whatever is going down that day. Sometimes we'll talk about females but we always stay respectable.

— Andrew Madeira-Silva



Usually about current games on TV or, maybe I'm childish, cartoons like any other person. I don't talk about any random groping like Donald Trump but I'm a human being. If I see a girl who's attractive, I'll bring it up to my homies."

— Khristopher Robinson, photography

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ADVICE

A whole day off to figure out finances

Gail Vaz-Oxlade
For Metro Canada



Life's busy, isn't it? And so often we feel like there just isn't enough time to get everything done. Between work and schlepping the kids to their activities, dinner, laundry, the lawn and getting the car tuned up, where's the "me time"?

There's nothing like having a day off work. Sometimes you have to take a sick day to get over a bad bout of the weekend. And sometimes you need a mental-health day. Imagine if you had a whole day to focus on your money and get it back on track. It'd be the day when you look at all the things that aren't just humming along and find ways to improve them.

What would you do on your Money Day?

1. Call your insurance broker and make sure you've got the best deal on your home and auto insurance. While you're at it, if you've been putting off putting life and disability insurance in place, get the ball rolling.

2. Add up your debts and make sure you're on track to get it paid off within a reasonable time frame. Haven't done a debt-repayment plan yet? Hey, this is the perfect day to do it.

3. Review your bank statements for your accounts and make sure you aren't paying too much in bank charges. Are you earning as much as you can on your savings? If not, look around online at the high-interest-rate options available to earn more money on your hard-earned savings.

4. Review your budget. You should do this at least once a year. Better yet, twice. Are you spending what you planned? Have some categories grown over the past few months, ne-



Five ways to improve your finances in just one day. iStock

cessitating that you trim back elsewhere? Are there expenses that have crept up slowly and are now eating more of your money than you'd imagined? Get out the paring knife.

5. Look over your retirement plan. Don't have one yet? Open up a retirement savings plan and start setting aside \$25 a month for your future. Make a date (put it in your calendar) to up the amount to \$50 a month because you've found a way to trim some money from your nice-to-have expenses. If you've been diligently saving for the future, review your investments and see if you're happy with the way things are going.

Your Money Day is also the day you put your will and your powers of attorney into place (finally!) and have a visit with your money team (investment advisor, insurance broker, etc.) to make sure they're keeping you front and centre in their minds. Hey, they're busy too. You have to make sure they're thinking about you.

Whatever needs tweaking, tweak. And if you're on track with where you wanted to be financially, imagine how fabulous you'll feel at day's end.

For more money advice, visit Gail's website at gailvazoxlade.com

Ways to effortlessly cut costs as a wedding guest

WEDDING DEBT

Avoid blowing your savings by following these tips

There are times when it seems each week brings a new engagement announcement on Facebook, and every save-the-date card makes your long-held dream to backpack across Europe seem even more remote.

During your 20s or 30s, back-to-back weddings can turn a joyful occasion into one breathless swipe of a credit card after another. These festivities come right when most people are trying desperately to pay off our student loans, save for a house or move to a new apartment that's more *Frasier* and less *Girls*.

As much as you want to celebrate your friend or family member's love, you shouldn't blow your savings on their wedding. Just as important, you shouldn't feel guilty about turning down an invitation occasionally, even if that seems soul-crushingly awkward.

Follow these tips to emerge from your next string of weddings without credit card debt haunting you — unlike the groomsman who gave that embarrassing toast at the reception; his speech will follow him forever.

Set your own wedding budget

No rules state that you need to shell out \$100 on every wedding gift, no matter how close you are to the bride or groom. Only you can determine how much you'll spend on each wedding, says Lizzie Post, etiquette expert and president of the Emily Post Institute. Set your own spending limit and prioritize the people who are most important to you. You'll avoid arriving at the destination wedding for co-worker No. 3 with a maxed-out credit card and a thick aura of resentment.

To start, choose a maximum wedding budget for the upcoming year or for the next several ceremonies you've been invited to. Include the total amount you plan to spend on travel, lodging, attire, gifts and additional pre-wedding events if you're a member of the bridal party.

As you plan your budget, make sure to keep at least a few hundred dollars in an emergency fund, and try not to carry a balance on your credit cards.

You can always (politely) decline



As important as it is to celebrate your friend or family member's love, you shouldn't blow your budget doing it. iStock

Say you decide \$500 is a reasonable amount to allocate to wedding costs for the year. You'll now be able to accept invitations only to those events that fit your budget. That could mean attending your close friend's wedding in a different city but not your acquaintance's local one.

When you break the news, no need to explain that your budget is the culprit. A simple "no" RSVP and "I'm really

sorry, but I won't be able to make it" is fine, Post says. If you're closer with the couple, say, "Between budget and schedule, I just really can't make it work." You should still send a gift, but use the tips below to save some cash.

Weddings also include many other events, such as engagement parties and bridal showers, and you have even more obligations if you're a bridesmaid or groomsman. Ask the best man or maid of honour how much the bachelor or bachelorette party will likely cost before committing. If you can't afford to go, you are hereby permitted to decline any pre-wedding events, even as a member of the bridal party.

"It's more important for you to be present with them on the big day," says Jennifer Spector, spokeswoman and director of brand strategy at Zola, a wedding registry website.

Keep gifts minimal

A "yes" RSVP means you'll attend the event and bring a gift unless the invitation explicitly says otherwise, Post says. This tradition holds true even for destination weddings. If you have to fly to the event and pay for a hotel, you're still on the hook for a present.

When you're on a budget, consider contributing to a group gift, Spector says, which might be an option through the couple's registry: Put \$30 toward your friend's coveted KitchenAid stand mixer, for instance, instead of buying the whole thing.

Cookbooks and small household items are also solid lower-cost options, Post says. Handmade gifts can be cheaper and more personal, but they work best when you have a particular talent or craft that you're known for.

"If you're going to go the homemade route, it needs to really be special," Post says.

THE ASSOCIATED PRESS

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 DJ Snake ft. Justin Bieber
Let Me Love You
- 5 Hailoo Steinfeld ft. Zedd and Grey
Starving
- 4 The Weeknd ft. Daft Punk
Starboy
- 3 Twenty One Pilots
Heathens
- 2 Tory Lanez
Luv
- 1 Bruno Mars
24K Magic



WEEKDAY MORNINGS
AT 7:47

Walls cave in on Herd

QMJHL
Foreurs stage comeback in third to beat Mooseheads

Dylan DesRoche
 For Metro | Halifax

The Halifax Mooseheads were dealt a heartbreaking defeat Sunday afternoon as the visiting Val-d'Or Foreurs mounted a late-game comeback.

"It sucks," said Mooseheads defenceman and captain Taylor Ford after the team's 4-2 loss, its second home setback in three days.

"We know we could have done it in the third and we just didn't."

Halifax outshot Val-d'Or 40-20 and were ahead 2-1 going into the final 20 minutes but a couple of mistakes led to the Foreurs scoring twice and then adding an empty netter.

The three goals in the third silenced the 5,581 fans at Scotiabank Centre.

"I take the blame for some of that. I was on for both goals there in the third," Ford said of the tying and game-winning markers.

"We just need to be sharper when it comes down to those big moments."

The defeat was particularly hard for the young team, as it held the momentum for the first two periods.

"You can never really take a



Halifax Mooseheads forward Nico Hirschier, left, gets the puck past a falling Val-d'Or Foreurs defencemen Olivier Galipeau at the Scotiabank Centre on Sunday. JEFF HARPER/METRO

lead for granted in this league," Ford went on to say. "The teams are really good and they all know how to put the puck in the net."

Alexis Gravel was in goal for Halifax and he finished with 16 saves.

Ben Higgins opened the scoring early in the first for Halifax, while teammate Maxime Fortier netted his team-leading

UP NEXT

The Mooseheads are back in action Wednesday when they host the Bathurst Titan at 7 p.m.

eighth before the period ended.

Alexandre Couture opened the scoring for the Foreurs late

in the second, while Alexandre Couture, Francois Beauchemin and Julien Gauthier found the back of the net in the three-goal third.

The Halifax players were noticeably disappointed after the game, but head coach Andre Tourigny was trying to look at the bright side.

"In general we have to be really satisfied with that game,

but for sure it's frustrating to have nothing to show from it," Tourigny said.

"When they came back in the game maybe we could have reacted a different way."

Halifax, which has now dropped five of six, had gone into the weekend undefeated at home. The Herd also fell 4-2 to the Rouyn-Noranda Huskies on Friday night.

NHL Oilers keep Jets grounded outside

Cam Talbot made 31 saves and Zack Kassian had a goal and an assist as the Edmonton Oilers defeated the Winnipeg Jets 3-0 Sunday in the Heritage Classic.

The victory extended Edmonton's win streak to three games in front of 33,240 at Winnipeg's Investors Group Field, with fans wearing both Jets and Oilers jerseys at the league's 19th outdoor game.

Mark Letestu and Darnell Nurse also scored for Edmonton (5-1-0).

HERITAGE CLASSIC

3	0
OILERS	JETS

Connor Hellebuyck, who had a tuque attached over his helmet, stopped 29 of 32 shots for Winnipeg (2-3-0).

The league delayed the start of the game almost two hours saying that the sun shining on the ice could have jeopardized the players' safety.

After a scoreless first period, Edmonton took advantage of some Winnipeg errors to score each of its goals in the second.

Connor McDavid assisted on Nurse's marker, which made it 2-0 at 11:10. McDavid now has four goals and five assists through six games.

THE CANADIAN PRESS



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Eagles hand Vikings a loss

NFL

'Embarrassing' awakening for previously unbeaten Minny

Josh Huff returned a kickoff 98 yards for a touchdown, Carson Wentz outplayed Sam Bradford and the Philadelphia Eagles beat Minnesota 21-10 on Sunday, handing the Vikings their first loss of the season.

The Eagles (4-2) snapped a two-game losing streak while the rested Vikings (5-1) hardly looked like an unbeaten team after having a bye.

"I thought we played embarrassing in two phases," Vikings coach Mike Zimmer said. "I'm very disappointed in the per-



Sam Bradford fell Sunday in his return to Philadelphia.

GETTY IMAGES

formance."

Bradford returned to Philadelphia for the first time since his trade to Minnesota eight days before the season opener paved the way for Wentz to start. Bradford was 7-7 in his only season with the Eagles

and won his first four starts for the Vikings.

But the Eagles pressured and harassed their former quarterback all game, sacked him six times, and forced his first three turnovers this season.

"I thought he missed some throws that he normally makes, but he got hit a lot," Zimmer said. "It's probably hard to evaluate his performance when (the line) looks like a sieve."

Wentz also struggled early, tossing two interceptions. But he recovered to lead the Eagles on a couple of scoring drives, including a five-yard TD pass to Dorial Green-Beckham in the third quarter for an 18-3 lead.

"That's a great defence we played," Wentz said. "I have to be smarter with the football. We found a way to win. That's huge for us." THE ASSOCIATED PRESS



PREMIER LEAGUE MOURINHO RUDELY WELCOMED BACK TO LONDON Chelsea's Eden Hazard celebrates his 62nd-minute goal against Manchester United on Sunday at Stamford Bridge in London. Pedro's first-minute marker was an auger of things to come for Jose Mourinho's United which went on to lose 4-0. GLYN KIRK/AFP/GETTY IMAGES

IN BRIEF

Hamilton closes gap on teammate Rosberg

Lewis Hamilton got the win he needed to keep his Formula One championship hopes alive. Now he needs more, and he needs Mercedes teammate Nico Rosberg to make a mistake or have a bad race.

Hamilton won his fourth U.S. Grand Prix in five years on Sunday, bolting from pole position and cruising to an easy victory in Austin, Texas, that cut Rosberg's lead to 26 points with three races left. THE ASSOCIATED PRESS

MLB PLAYOFFS

Cubs fans' loyalty finally paying off

With a mix of euphoria, relief and disbelief, long-suffering Chicago Cubs fans are shaking off superstitions and setting their sights on the team's first World Series in 71 years.

Loyal fans as far south as San Antonio, Texas, and as far west as Washington state restructured their worldviews to include the seductive possibility that they won't be disappointed again.

"For me, personally I had tears in my eyes. I've seen them

come close," said Chicago native Jimmy Tingas, 47, who owns Wrigleyville Grill in San Antonio where he caters to homesick former Chicagoans. "We have one more task to do. I'm confident they're going to do it."

Chicago beat Los Angeles 5-0 in Game 6 of the National League Championship Series on Saturday night to set up a matchup against Cleveland. The World Series begins Tuesday.

THE ASSOCIATED PRESS

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RECIPE Vegetarian Skillet Lasagna



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



You can switch up the veggies in this sauce, but do not skip the gooey cheese that covers the top of this one-pot lasagna.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 6

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- salt and pepper
- 6 to 8 mushrooms, sliced
- 1 x 19 oz can of tomatoes
- 1 cup water
- 8 oz (250 grams) of dried pasta like farfalle
- 1 cup grated mozzarella
- 1 cup ricotta
- small handful of fresh basil

Directions

1. Warm up olive oil in a large skillet over medium heat. Add onions and garlic and allow to soften, about 3 minutes. Toss in zucchini, mushrooms and oregano. Stir occasionally 3 to 5 minutes until vegetables start to soften. Season with salt and pepper to taste.

2. Add tomatoes and break with the back of a spoon. Pour in water. Stir everything and bring to a simmer.

3. Pour pasta into the sauce and make sure it is submerged. Allow to simmer 15 minutes, stirring so it doesn't stick to the bottom.

4. When pasta is just about cooked, stir in mozzarella. Spoon ricotta over top of the dish. Cover the skillet for about 3 minutes to allow the cheese to warm through and soften. Sprinkle fresh basil before serving.

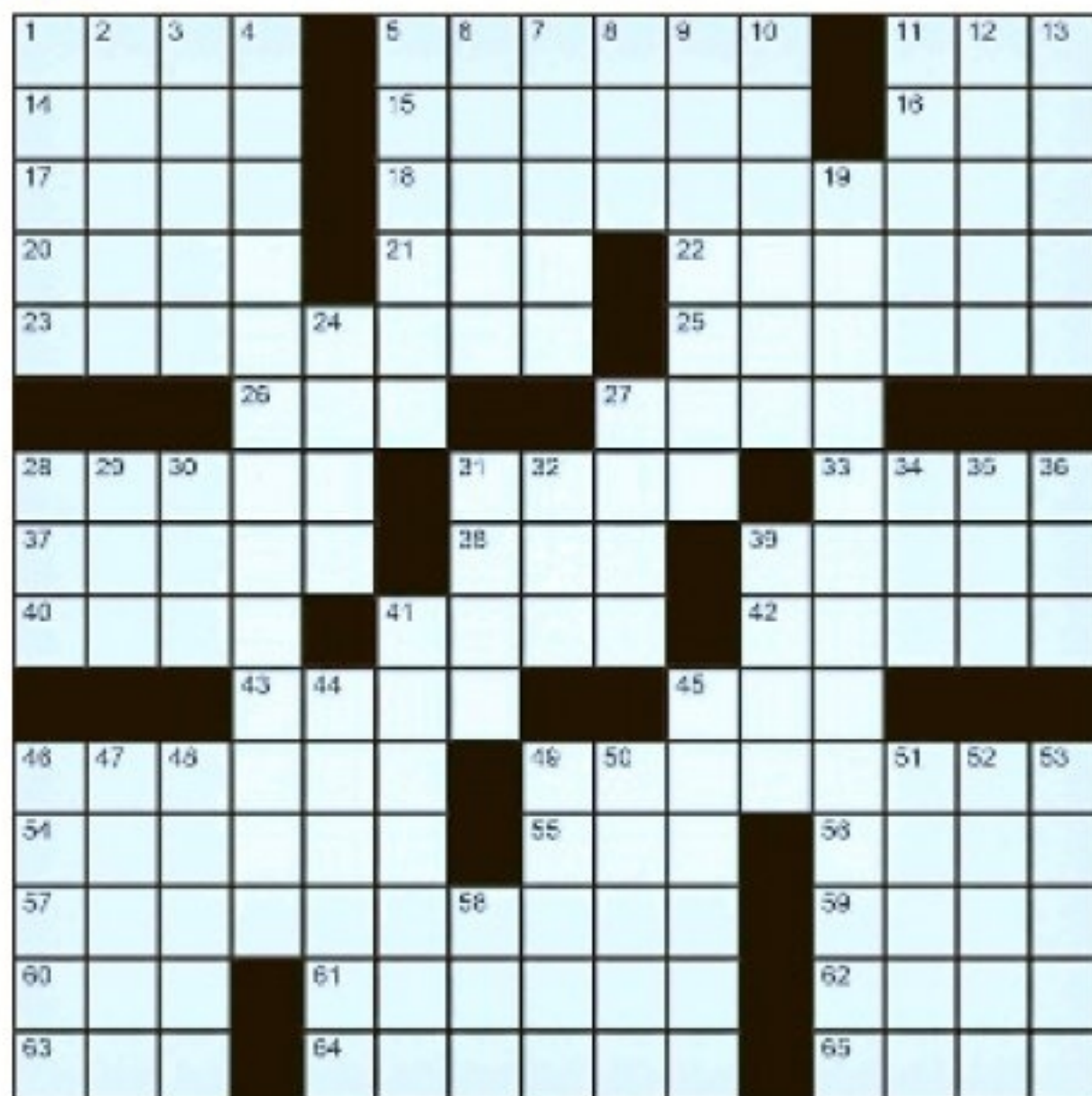
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Ella Fitzgerald's singing specialty
5. Unpredictable result
11. NBA player in Ohio, for short
14. Story
15. High- fuel
16. The Altar constellation in space
17. Ms. Cummings of "Feed the Beast"
18. Park attraction in Victoria; or, a neighbourhood of Ottawa: 2 wds.
20. Like fine wine
21. Nova Scotia's island, in Mahone Bay
22. Habituated
23. Droned delivery from the dais
25. Tart-tasting
26. Parked cars area
27. Cilantro, for one
28. Mr. Picasso
31. Traversed thing
33. Aware of the hoax: 2 wds.
37. Goodie
38. Following morn' time
39. Style
40. Talented tennis server
41. Essential part
42. Skillful
43. Branch balancer
45. "Close, no cigar!"
46. Skiing (Resort recreation)
49. Supports a walk-a-thon
54. Domains
55. Communist leader of China, Zedong (b.1893 - d.1976)



56. Call it a day
57. "The Beachcombers" and "The Littlest Hobo", e.g.: 2 wds.
59. Reverse
60. Film
61. Bathroom renovation replacement
62. Image
63. "Sure."

64. Records
65. Resist

DOWN

1. engine (Model train piece)
2. Shipment
3. Sci-Fi flick starring Sigourney Weaver
4. Sir John A. Mac-

- donald is on it in your wallet: 3 wds.
5. Additionally: 2 wds.
6. 54-40's "Pearl"
7. Vampire impaler's weapon
8. Cul-de-quoi?
9. Squeakiness could mean a hinge

- is what?
10. Writer
11. Mummy's milieu
12. "Over the Rainbow" co-composer Harold
13. Canadian folk singer/songwriter of "Rock and Roll Song"
19. Cephalopod on

- menus in West Coast restaurants: 2 wds.
24. Beep!
27. Possesses, olde-style
28. Harper Valley, e.g.
29. Joan of what?
30. The Gees connector
31. Bug killer brand
32. Frequently, short-style
34. Rob Roy's refusal
35. Pourboire
36. Food fragment
39. Human/goat forest deity
41. Continue with the trek: 2 wds.
44. Prisoner
45. Hikes up
46. Creative
47. Flood embankment
48. Accords
49. Cosmetic dentistry focus
50. One wearing out the carpet with worry
51. Weight unit
52. Get ___ (Throw away)
53. Silence
58. Puppy training order

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a wonderful, creative day for you! This is good news, because Aries is the artisan of the zodiac. You can do anything with your hands!

Taurus April 21 - May 21
Postpone important family discussions for another day, because today is a poor day to make a decision. Just get the facts and do your homework well.

Gemini May 22 - June 21
This is a good day to write or be creative. However, it's a poor day to shop for anything other than gas and food. This is not a good day for making important decisions or purchases.

Cancer June 22 - July 23
Avoid important financial decisions today. Do not shop for major items — just shop for food and gas. Postpone important purchases and decisions until tomorrow.

Leo July 24 - Aug. 23
This is a loosey-goosey day. Unfortunately, because it's Monday, you might try to begin something new or make a new decision. Don't do this; wait until tomorrow.

Virgo Aug. 24 - Sept. 23
Your efforts to research something or find a secret that you're looking for will be quite productive today. That's because it's easy for you to think outside of the box.

Libra Sept. 24 - Oct. 23
Enjoy schmoozing with friends today, because this is an easygoing (albeit goofy) day. Just hang out with people and have a good time.

Scorpio Oct. 24 - Nov. 22
Postpone important discussions with parents and bosses today, because whatever you initiate likely will not fulfill its purpose. Just go with the flow and keep treading water.

Sagittarius Nov. 23 - Dec. 21
Your appreciation of beauty is heightened today, which is why you will enjoy art galleries, museums, boutiques and beautiful parks. Take it easy today.

Capricorn Dec. 22 - Jan. 20
This is a poor day to make important financial decisions, especially about inheritances, taxes, debt and shared property. Wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
A heart-to-heart talk with a close friend or a partner will be meaningful today because people are willing to let their hair down. They will take a chance on honesty.

Pisces Feb. 20 - March 20
Your work scene will suffer from delays, poor decisions and inefficiency today. Just accept this and don't be hard on yourself or others. You will accomplish much more tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7		8	1		5	
6				5			9
1			4	3			2
	8					3	
4			2	7			6
8				6			3
	9		7	5		8	

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



7	4	2	6	5	9	1	8	3
5	8	6	3	4	1	2	9	7
9	3	1	7	8	2	4	5	6
2	5	3	1	7	4	8	6	9
4	1	8	9	6	5	7	3	2
6	9	7	8	2	3	5	1	4
1	6	5	2	9	7	3	4	8
8	7	4	5	3	6	9	2	1
3	2	9	4	1	8	6	7	5

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